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Derek Schwager • Feb. 9 • Belleville
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'I NEVER TOLD ANYONE TO TOUCH MY WALL'

CONDO DEVELOPMENT RIGHT NEXT TO HOME HAS LOCAL WOMAN FEARING FOR HER HOUSE AND HER FAMILY'S SAFETY PAGE 4

Enough to drive him mad

Entering his 6th season at the helm, Mad Men creator Matt Weiner learned his lesson: No more reading online criticism PAGE 10

Pope makes plea for peace

At his first Easter mass as pontiff, Francis urges an end to ongoing conflicts in the Middle East and Korean peninsula PAGE 6

Crosby out with broken jaw

Pittsburgh Penguins star is sidelined indefinitely after taking a puck to the mouth on Saturday PAGE 16

NEWS WORTH SHARING.

Yorkdale victim previously convicted

An officer and his sniffer dog comb the west parking lot at Yorkdale Mall on Sunday, following a double shooting Saturday night that left Michael Nguyen, 23, dead and sent another man to hospital. RICHARD LAUTENS/TORSTAR NEWS SERVICE

Crime. Dead man's lawyer says there was evidence Michael Nguyen was involved in a Toronto gang

JESSICA SMITH
jessica.smith@metronews.ca

Toronto's latest homicide victim was involved in a violent home invasion in Windsor in 2005.

Michael Nguyen, 23, was shot and killed outside of the Sears at Yorkdale Mall on Saturday, shortly after 8 p.m.

Police said Nguyen was known to law enforcement, and released a photo of him on Sunday. Windsor lawyer Frank Miller recognized the man in the photo as his former client, whom he represented in relation to a 2005 Windsor break-in.

One of Nguyen's co-defendants in the home invasion was Qoheleth Chong. A man by the same name was shot and killed in the College and Bathurst area last November.

Michael Nguyen CONTRIBUTED/POLICE

As of press time, Metro could not confirm with police whether the Qoheleth Chong in both cases is the same man.

In 2008, Nguyen pleaded guilty on several charges and received an adult sentence of five years, but he only served about two and a half years in custody because of a sentencing credit.

Miller said Nguyen was "a smart kid" but there was evidence that he was involved in a Toronto gang called the Asian Assassins.

"There was a couple — a fellow and common-law spouse — living in an older, not-very-wealthy part of Windsor," Miller recalled. "They came to the door ... and there was a pizza-delivery man there with a pizza. He said they hadn't ordered in, and when he turned back there was a guy with a shotgun."

Three minors, including Nguyen, and one adult entered the home armed, and then, using zip ties, they bound the couple who lived there, said Miller.

"Before they found the woman and put her in zip ties, she called 911," he said.

The man had $20,000 in small bills in the home, which he later said had come from gambling, Miller said.

Police arrested the four assailants and recovered four guns they had hidden under a bed and found a fifth gun suspended by a piece of wire in a toilet tank.

Miller said he believes the man who lived in the house might have been targeted.

"It seemed odd that there were four assailants and five guns, and it seemed odd to me that the gun would be suspended by a piece of wire under a toilet tank when the other guns were hidden under the bed," said Miller. "It seemed odd when you added the $20,000 in cash."

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Ottawa milking Ontario of $11B a year: Study

Ontario is being milked by the federal government to the tune of $11 billion a year at a time when the province can ill afford it, a new study on the so-called "fiscal gap" concludes.

That means the province's taxpayers send $11 billion more to Ottawa than they get back in funding and services, says the report to be released Monday by the Mowat Centre, a public policy think-tank at the University of Toronto.

The 14-page study obtained by Torstar News Service gives Ontario Premier Kathleen Wynne — who is struggling to erase an $11.9-billion deficit — fresh ammunition as she and Intergovernmental Affairs Minister Laurel Broten press the Harper government for reforms demanded for years by previous premier Dalton McGuinty, who launched several "fairness" initiatives.

The report, titled Filling the Gap, calls for changes to the federal equalization program, which was designed to take money from wealthier provinces and redistribute it to poorer ones so that levels of government service are roughly equal across the country.

The study found the program is clearly "broken" because Ontarians pay 39 per cent of Canada's federal taxes — about equal to their share of the population — but get just 34 per cent of federal spending.

TORSTAR NEWS SERVICE

Double homicide in east end

A man has been charged with two counts of first-degree murder after a double-homicide that shocked a quiet Scarborough neighbourhood on Easter Sunday. Officers found two people dead inside the two-storey home on Huntsmill Blvd., near Warden Ave. and Steeles Ave. E. at around 10 a.m. A young man was arrested at the scene. STEVE RUSSELL/TORSTAR NEWS SERVICE

All-around eggcellent day

Mayor Rob Ford worked off some calories Sunday, dashing from one side of Queen Street East to the other during the 2-kilometre Beaches Easter Parade — the 46th year for the chocolate-covered event. The mayor tossed chocolate eggs to the children and shook hands with adults along the route from Munro Park Avenue to Woodbine Avenue.

DALE BRAZAO/TORSTAR NEWS SERVICE

OSSTF nears deal with province

High school teachers. The two warring sides reached agreement on sick leave, mat leave, local bargaining

The Ontario government has reached an agreement with the province's secondary teachers that should mean labour peace in public high schools through to 2014.

In a surprise announcement on Easter Sunday, the government alerted school boards to the "agreement in principle," saying the deal "focused on the fair and consistent application of the existing collective agreements, while reflecting the ministry's fiscal situation.

"The government and OSSTF have been able to resolve implementation concerns identified in a number of areas including: sick leave, maternity leave, retirement gratuity, unpaid days and local bargaining," said a statement from Education Minister Liz Sandals.

Specifics will be released after the Ontario Secondary School Teachers' Federation has been able to inform its members of the developments, Sandals also said, adding that no new money was offered to get the deal.

However, government sources say while the deal does not cost the province anything more than the current contract it imposed on teachers, it does shift money around to help cover things such as improved sick day benefits, and is similar to a deal reached with the Upper Grand public board — the only board in the province where public secondary teachers ratified a contract hammered out late last year.

Michael Barrett, president of the Ontario Public School Boards' Association, said he had no details of the agreement but said the fact that one was reached "shows the power of having discussions and if there's trust and respect on both sides of the table, both sides of the table can come to an agreement.

TORSTAR NEWS SERVICE

Bill 115

Teachers had withdrawn extracurricular and voluntary activities in protest of Bill 115, which forced two-year contracts on all public school teachers, froze pay for some teachers, and included unpaid days off and an end to costly payouts of unused sick days at retirement.

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Woman says construction next to home threatens safety

Inspection. Demolition must comply with city bylaws — beyond that, problems belong in civil court: Councillor

JESSICA SMITH
jessica.smith@metronews.ca

Colleen Dempsey's home shared a roof with her neighbours until November, when the houses next to hers were torn down to make way for a condo and townhouse development — putting her on the very edge of a construction site. Literally.

Dempsey says she is planning to sue Curated Properties, the developers of "Edition Richmond" on Richmond Street, east of Strachan Avenue. She's livid about the development and its effects on her home.

"Thank you neighbours for your support. Holy _ _ _ _ Alright Greed," a sign on her house reads. An Irish flag flies on the roof and a curse against the "mother feckers" is written on the wall facing the construction site.

Dempsey says the demolition has caused a litany of problems to her home, which may end up being disputed in court.

"They tore off the wall right down to the wood. Our pipes froze, I had to keep heaters on. My last Hydro bill was $687 and the one before that was $505," she said.

She also claims the roof is now unstable and threatens her family's safety.

Ward Coun. Mike Layton, who has met with Dempsey on numerous occasions, said it's the closest home he's ever seen to a development. Her house ends at the property line, where the construction site begins.

"While they might not have been attached at the wall, they were so close they were essentially semi-detached houses," he said.

When neighbours are close, there tends to be some problems, regardless of the development, he said.

While old, semi-detached and new development projects are common in Toronto, the two don't often mix, said Layton.

"There are not a lot of opportunities for this kind of build in the city, or in this neighbourhood in particular, because what they're looking for is former industrial sites within a stable neighbourhood, which there aren't a lot of."

Layton and city officials have sent out inspectors in response to Dempsey's complaints to make sure the demolition complies with city bylaws. Any other problems belong in a civil court, he said.

"It's a shame that it gets to this point. These are people's biggest investments in their lives, both the neighbour having their house damaged and the people that will eventually move into the townhomes," said Layton, adding there needs to be respect on both sides.

"It's difficult and it's the product of people living in very close quarters to one another and wanting to build more."

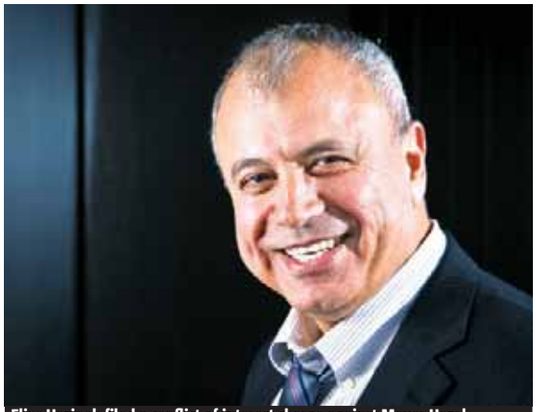
No one at the construction site would comment on this story and no one from the office of Edition Richmond or Curated Properties responded to Metro's requests for an interview.

Quoted

"All I did was come home from work and (they) ripped my house apart. I never told anyone to touch my wall."
Colleen Dempsey

Colleen Dempsey's home sits on the edge of the Edition Richmond construction site on Richmond Street West. JESSICA SMITH/METRO

McCallion faces conflict of interest heat ... again


Elias Hazineh filed a conflict of interest charge against Mayor Hazel McCallion, which will be heard by the Ontario Superior Court in Brampton this week. DAVID COOPER/TORSTAR NEWS SERVICE

For the second time in her lengthy career, Mississauga Mayor Hazel McCallion faces the possibility of being removed from office.

Her conflict of interest hearing begins Wednesday.

The application being heard by the Ontario Superior Court alleges McCallion moved amendments and voted on development charge issues at the Region of Peel that stood to save her son's company, World Class Developments, $11 million.

In the fall of 2007, while WCD was planning a $1.5-billion downtown hotel-condo-convention centre, higher development charges were being brought in to cover the rise in infrastructure and other costs associated with growth.

McCallion voted for "transitional" or grandfather clauses that would allow projects already in the pipeline to pay the old, lower development fees.

The conflict allegations were brought to the court by Mississauga resident Elias Hazineh, who states that he learned of the mayor's regional votes following the Mississauga Judicial Inquiry.

McCallion has filed a multi-faceted defence that states when she voted in the fall of 2007 she did not know her son had an equity position with WCD; that, at the time of the votes, she did not know WCD's application would qualify for the lower fees; that her decisions benefited all voters in Peel, not just WCD; and that if found guilty she should not be removed from office because her actions were "inadvertent."

The Municipal Conflict of Interest Act states that elected officials found guilty of a conflict may not be removed from office if their actions were inadvertent.

The judicial inquiry found McCallion broke "common law principles" when aggressively pushing the failed $1.5-billion project being planned by her son, Peter.

But, having declared a conflict when the development was dealt with at the City of Mississauga, where the inquiry's probe was confined to, its findings stated McCallion did not violate the narrow scope of the MCIA.

However, she did not declare a conflict at the Region of Peel when the development charges were being dealt with.

TORSTAR NEWS SERVICE

Key piece of evidence

One of their key pieces of evidence, submitted to the court in the factum outlining their case, is a sworn affidavit filed with the Superior Court in 2009 by Peter McCallion. In it, the mayor's son states: "Had WCD obtained a (building) permit by April 30, 2008, it only would have had to pay the lower development charges, a savings of approximately $11 million."

Nukes not on bargaining table: North Korea

Threats. Analysts say attack on U.S. is unlikely, but situation could escalate into localized skirmishes

A top North Korean decision-making body issued a pointed warning Sunday, saying that nuclear weapons are "the nation's life" and will not be traded even for "billions of dollars."

The comments came in a statement released after North Korean leader Kim Jong Un presided over the plenary meeting of the central committee of the ruling Workers' Party.

The meeting, which set a "new strategic line" calling for building both a stronger economy and nuclear arsenal, comes amid a series of near-daily threats from Pyongyang in recent weeks, including a vow to launch nuclear strikes on the U.S. and a warning Saturday that the Korean Peninsula was in a "state of war."

Pyongyang is angry over annual U.S.-South Korean military drills and a new round of UN sanctions that followed its Feb. 12 nuclear test, the country's third.

Analysts see a full-scale North Korean attack as unlikely and say the threats are more likely efforts to provoke softer policies toward Pyongyang from a new government in Seoul, to win diplomatic talks with Washington that could get the North more aid, and to solidify the North Korean leader's image and military credentials at home. THE ASSOCIATED PRESS

South Korean Army soldiers patrol near the border village of Panmunjom in Paju, South Korea, on Sunday. AHN YOUNG-JOON/THE ASSOCIATED PRESS

Influx of Syrian refugees. Canada announces $13M in aid for Jordan

Canada is giving the Middle Eastern country of Jordan an additional $13 million to help deal with a crush of Syrian refugees.

Foreign Affairs Minister John Baird announced the aid after meeting with Jordanian officials, including the country's King Abdullah, on Sunday.

"Jordan has consistently demonstrated a leadership role in the pursuit of a just and lasting peace in the Middle East, and it continues to lead in the face of the ongoing crisis in Syria," Baird said in a statement.

Canada has already given Jordan $11.5 million to help deal with more than 380,000 Syrian refugees who have arrived there in the last two years.

The United Nations estimates more than one million people have fled the ongoing violence in Syria, and millions more are internally displaced.

Baird says the new funds will help deal with the immediate humanitarian and security needs created by the influx. THE CANADIAN PRESS

In this image taken from video obtained by the Ugarit News, a fire rages at the Syrian government checkpoint in Dael, Syria, less than 15 kilometres from the Jordanian border, on March 28. UGARIT NEWS/THE ASSOCIATED PRESS

West Bank

Abbas clamps down on dissent

Mahmoud Abbas' government in the West Bank is getting tougher with critics, interrogating, prosecuting and even jailing several journalists and bloggers in recent months for allegedly "defaming" the Palestinian leader.

Rights activists say the legal hassles are meant to silence dissent and that the campaign is intensifying despite promises to the contrary by Abbas.

THE ASSOCIATED PRESS

Alleged intimidation

Egyptian satirist released on bail

A popular television satirist known as Egypt's Jon Stewart was released on bail Sunday after nearly five hours of interrogation over allegations that he broke the law by insulting Islam and the president.

Bassem Youssef is the most prominent critic of President Mohammed Morsi to be called in for questioning in recent weeks in what the opposition says is a campaign to intimidate critics.

THE ASSOCIATED PRESS

Pope issues plea for peace at Easter mass

St. Peter's Square. Pontiff particularly remembers the 'weakest and the neediest' at his first Easter service

Pope Francis prayed that humanity be guided along "the paths of justice, love and peace" in his first Easter Sunday message to the world, decrying the seemingly endless conflicts in the Middle East and on the Korean peninsula after celebrating mass outdoors before more than 250,000 people in St. Peter's Square.

The Pope shared in the crowd's exuberance as they celebrated Christianity's core belief that Jesus Christ rose from the dead following crucifixion. After mass, he stepped aboard an open-topped white popemobile for a cheerful spin through the joyous throng, kissing babies and patting children on the head. He urged Israelis and Palestinians to resume peace talks and end a conflict that "has lasted all too long."

Francis also expressed desire for a "spirit of reconciliation" on the Korean peninsula, where North Korea says it has entered "a state of war" with South Korea.

One admirer of the Pope's favourite soccer team, Argentina's Saints of San Lorenzo, gave Francis a team jersey. A delighted Francis briefly held up the shirt, and the crowd roared in approval. THE ASSOCIATED PRESS

'Let love transform'

The Roman Catholic leader aimed his Easter greetings at "every house and every family, especially where the suffering is greatest, in hospitals, in prisons."

- "Change hatred into love, vengeance into forgiveness, war into peace," he prayed.

Pope Francis kisses a baby after celebrating his first Easter mass in St. Peter's Square at the Vatican, Sunday. Wearing cream-coloured vestments, Francis said mass under a white canopy. GREGORIO BORGIA/THE ASSOCIATED PRESS

Controversy

Google honours Chavez instead of Easter

Google's decision to honour the birthday of U.S. labour organizer Cesar Chavez angered some American Christians on Sunday, who fumed that it was disrespectful to celebrate Chavez with a Google Doodle on Easter Sunday.

The face of the Mexican immigrant who organized Latino farm workers in the 1960s was situated in the middle "o" of the Google logo on the U.S. site Sunday. THE CANADIAN PRESS

Baghdad. Eastern-rite Catholics in Iraq hope the Pope will help them

Iraq's Catholic Christians flocked to churches to celebrate Easter Sunday, praying, singing and rejoicing in the resurrection of Christ behind high blast walls and tight security cordons.

It was the first Easter since the election of Pope Francis in Rome, and worshippers said they hoped their new spiritual leader would help strengthen their tiny community that has shrunk under the joint pressures of militant attacks and economic hardships.

At the St. Joseph Chaldean Church in Baghdad, some 200 worshippers stood and sat during parts of the Easter mass led by Father Saad Sirop.

"We pray for love and peace to spread through the world," said worshipper Fatin Yousef, 49. Like most worshippers, she arrived for mass dressed immaculately, her hair tumbling in salon-created curls, wearing a tidy black skirt, low-heeled pumps and a striped shirt. "We hope Pope Francis will help make it better for Christians in Iraq," she said. There are an estimated 400,000 to 600,000 Christians in Iraq, with most belonging to ancient eastern churches. Two-thirds are Chaldean or Assyrian Catholic, who chant in versions of ancient Aramaic, the language that Jesus spoke. THE ASSOCIATED PRESS

Police search a man before mass in Baghdad. THE ASSOCIATED PRESS

China. 2 dead, 1 in critical condition after contracting lesser-known bird flu strain

Two Shanghai men have died from a type of bird flu in the first known human deaths from the strain, and Chinese authorities said Sunday that it wasn't clear how they were infected, but that there was no evidence of human-to-human transmission.

A third person, a woman in the nearby province of Anhui, also contracted the H7N9 strain of bird flu and was in critical condition, China's National Health and Family Planning Commission said in a report on its website.

There was no sign that any of the three, who were infected over the past two months, had contracted the disease from each other, and no sign of infection in the 88 people who had closest contact with them, the medical agency said. THE ASSOCIATED PRESS

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Canuck warship makes huge heroin bust at sea

Security. HMCS Toronto part of naval task force patrolling Indian Ocean

HMCS Toronto seized some 500 kilograms of heroin from a boat in the Indian Ocean last week, according to the Department of National Defence.

The drugs were found on Friday after a naval boarding party searched the vessel as part of a security operation.

HMCS Toronto's commanding officer said it is one of the largest heroin seizures in a maritime environment.

Cmdr. David Patchell said the bust doesn't just keep drugs off the street, but also hurts the finances of terrorist organizations.

HMCS Toronto is part of an international naval task force patrolling the Arabian Sea and Indian Ocean.

THE CANADIAN PRESS

The warship HMCS Toronto. HANDOUT/CPL. MALCOLM BYERS, HMCS TORONTO, DEPARTMENT OF NATIONAL DEFENCE/THE CANADIAN PRESS

The worst in living memory

A harbour light is encased in ice at a landing stage in the Baltic Sea town of Goehren in northeastern Germany on Easter Sunday. Germans will remember March as the coldest the country has experienced since 1883. STEFAN SAUER, DPA/THE ASSOCIATED PRESS

London, Ont.

Corpses found in apartment

A 38-year-old man is facing charges in the deaths of two men whose bodies were found in a London, Ont., apartment this weekend.

Police say Jason Cleveland is charged with two counts of second-degree murder and one count of committing an indignity to a human body.

Police say no other suspects are sought and the names of the deceased won't be released until their families have been notified. THE CANADIAN PRESS

U.S. highway

95-car pileup ends in deaths, injuries

Three people are dead and 25 injured after 95 vehicles piled up on a foggy U.S. highway.

Police say the vehicles were caught in 17 separate crashes along the road near the Virginia-North Carolina border.

A spokesperson said the injuries ranged from serious to minor and that the main cause was excessive speed. THE ASSOCIATED PRESS

Environmentalism.

Canada lauded for tough stance on Arctic pollution

Canada is winning a rare bit of environmental praise from the international community for its stance on pollution from shipping in Arctic waters.

Documents show Canada is pushing hard to outlaw the discharge of oily wastes or garbage anywhere in the North.

Canada's proposal, during negotiations for a mandatory global shipping code in the Arctic, has won the support of several countries including Germany and France — nations that often criticize Canada over climate change and management of wildlife.

Canadian negotiators proposed very high standards, based on legislation that has been in place since 1970.

"The Canadian and Antarctic experience demonstrates that a zero discharge standard is practicable," says the proposal.

"The Canadian experience also shows that it is not a significant barrier to cost-effective shipping, for purposes ranging from community supply to resource development and limited but growing through traffic."

THE CANADIAN PRESS

Canada is pushing to outlaw the discharge of oily waste or garbage anywhere in the North. JONATHAN HAYWARD/THE CANADIAN PRESS FILE

Traditional Chinese medicine now regulated

Patients receiving acupuncture, herbal remedies or other forms of traditional Chinese medicine in Ontario will now have some reassurance that those treating them are qualified to do so.

The College of Traditional Chinese Medicine Practitioners and Acupuncturists of Ontario was set to begin regulating Monday.

The self-regulatory body, created in 2006, demands that every practitioner register with the college after passing a series of tests or displaying that they have equivalent experience after having seen at least 2,000 patients in the last five years.

Emily Cheung, the college's registrar, said the regulations will allow the public to know that all practitioners have met certain standards.

"Right now there are no rules or policies, and individuals can practice however they choose," said Cheung. "Anyone can call themselves a traditional Chinese medicine doctor."

The ad hoc Committee to Support Traditional Chinese Medicine Practitioners and Acupuncturists of Ontario is seeking legal action to stop regulation, saying the new rules may prevent those who've learned from their elders from practising. THE CANADIAN PRESS

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Tech rumours

Is 'Facebook phone' about to be unveiled?

Facebook has invited journalists to the unveiling of what it calls its "new home on Android."

Next Thursday's event will take place at the company's Menlo Park, Calif., headquarters, but Facebook isn't providing further details. There has been speculation about a "Facebook phone" for a few years. Facebook has long said it would not make its own phone. Rather, such a phone would likely integrate Facebook deeper into the phone's software.

THE ASSOCIATED PRESS

HST rejection

B.C. returns to old sales tax

Monday marks British Columbia's official return to the provincial sales tax after an almost five-year crash-and-burn relationship with the harmonized sales tax.

Introduced in 2009 as a saviour for business, but rejected in a referendum in August 2011, the HST managed to cling to the province's political, social and business fabric until now. THE CANADIAN PRESS

Rabat, Morocco

Unions protest economic reforms

Thousands of members of two of Morocco's largest labour unions marched through the capital on Sunday to protest the Islamist-led government's planned economic and labour reforms and its failure to stem unemployment and inflation.

THE ASSOCIATED PRESS

Silicon Valley bets on big perks

Google employees shoot pool in a break room at the Google campus in Mountain View, Calif., on March 15. This spring, as the tech industry soars out of the Great Recession, plans are in the works for a flurry of massive, perk-laden Silicon Valley headquarters. Apple's planned ring-shaped "Spaceship Headquarters" will include a world class auditorium and an orchard for engineers to wander. Google's new campus will feature walkways angled to force accidental encounters. Facebook, while putting final touches on a Disney-inspired campus including a Main Street with a barbecue shack, sushi house and bike shop, is already planning an even larger, more exciting new campus. JEFF CHIU/THE ASSOCIATED PRESS

Exxon Mobil pipeline spills Canadian crude

Mayflower, Ark. Cleanup crews trying to prevent oil from reaching nearby lake

Exxon Mobil Corp. says crews are working to contain and clean up an oil spill near Mayflower, Ark. after its Pegasus pipeline ruptured Friday afternoon. The pipeline carries Canadian heavy crude oil from Patoka, Ill. to refineries on the Texas Gulf coast.

Exxon Mobil issued a release that said the company was responding to a spill of more than 10,000 barrels, and that some 4,500 barrels of oil and water had been recovered.

The company said the 20-inch inch pipeline had been shut down as crews tried to prevent the spilled oil from reaching a nearby lake. It said cleanup operations were being co-ordinated with the Department of Emergency Management and other local authorities.

Last week federal regulators proposed that Exxon Mobil pay $1.7 million US in civil penalties for safety violations linked to a pipeline rupture that spilled an estimated 238,000 litres of crude oil into Montana's scenic Yellowstone River in July 2011.

The spill fouled approximately 110 kilometres of the Yellowstone River's banks, killing fish and wildlife and prompting a massive cleanup.

The latest spill comes as proponents of the proposed Keystone XL pipeline have been trying to convince Washington to give the project the green light. Opponents of TransCanada Corp.'s plan to pipe Alberta oilsands bitumen to the U.S. Gulf Coast denounce it as an environmental catastrophe in the making.

THE CANADIAN PRESS

Free press. Privately run dailies return to Myanmar

For most people in Myanmar, it will be a novelty when privately run daily newspapers hit the streets on Monday. Many weren't even born when the late dictator Ne Win imposed a state monopoly on the daily press in the 1960s.

But for 81-year-old Khin Maung Lay, the rebirth of daily newspapers is like a second lease on life. He is chief editor of Golden Fresh Land, one of four dailies going on sale Monday as Myanmar takes another step in its march toward democracy.

He's old enough to recall there once had been a big and vibrant daily press in the period of parliamentary democracy after Myanmar, known then as Burma, won independence from Britain in 1948. THE ASSOCIATED PRESS

New Mexico. Roadrunner makes its last calculation

It's the end of the line for Roadrunner, a first-of-its-kind collection of processors that once reigned as the world's fastest supercomputer.

The supercomputer, housed at one of the top U.S. nuclear weapons research laboratories in northern New Mexico, was decommissioned Sunday. The world of supercomputing is evolving and Roadrunner has been replaced with something smaller, faster and more energy efficient. THE ASSOCIATED PRESS

An IBM engineer inspects Roadrunner, once the world's fastest supercomputer.
IBM VIA FPS/THE ASSOCIATED PRESS

STREETCARS A BIG STEP FORWARD

URBAN COMPASS

Matt Elliott
toronto@metronews.ca

Looking through some of the headlines since the first of Toronto's new streetcar fleet arrived in town from Bombardier's factory in Thunder Bay, you'd be forgiven for thinking that this city's new ride is a streetcar named disaster.

First there were trumped-up claims that the new cars, set to enter regular service in 2014, wouldn't fit into the recently-installed right-of-way on St. Clair Avenue.

Then there were various statements made by members of Toronto City Council, with worries that the cars, at 30 metres in length, are too big, or that the TTC hasn't ordered enough of them to provide good service.

Finally, there was a flurry of complaints about costs: $58 million to make existing stops accessible, and more than $100 million tagged to a project set to build track to a new streetcar storage facility.

And yeah, those are big numbers and some of the logistical concerns aren't entirely off the mark, but let's take a step back for a moment and remember why the city ordered these new vehicles in the first place.

Toronto's eleven streetcar routes carry more daily riders than the entire GO Transit system — more than 250,000 each day. And the current fleet of red rockets are just plain old, with parts so hard to source that the TTC actually has an old-timey blacksmith on staff to manufacture custom fittings.

The new streetcars, on the other hand, are the best of modern technology. They're air conditioned, whisper quiet, and will finally offer all-door boarding and proof-of-payment, so passengers won't be stuck shuffling past the driver to deposit tokens. Plus they're fully accessible.

That last part shouldn't be understated. Accessibility may not mean much for those of us who can bound up stairs without thinking, but making transit fully accessible is both no small feat and something that's long overdue, even if it comes with a cost.

So long as those costs are expected and budgeted for, I don't see any reason to run the TTC over the coals. Nor do I think there's much merit to panicked concerns that these vehicles are too big — they have been custom-engineered for Toronto's streets.

In fact, the only thing about the new streetcars that I think deserves scrutiny right now is planned service levels. With all eyes on the city's streetcar network with these new vehicles, and the roll-out set to happen in the midst of the next municipal election, it's worth taking the time to really make sure the TTC has the right service mix and doesn't leave anybody waiting too long at their stop.

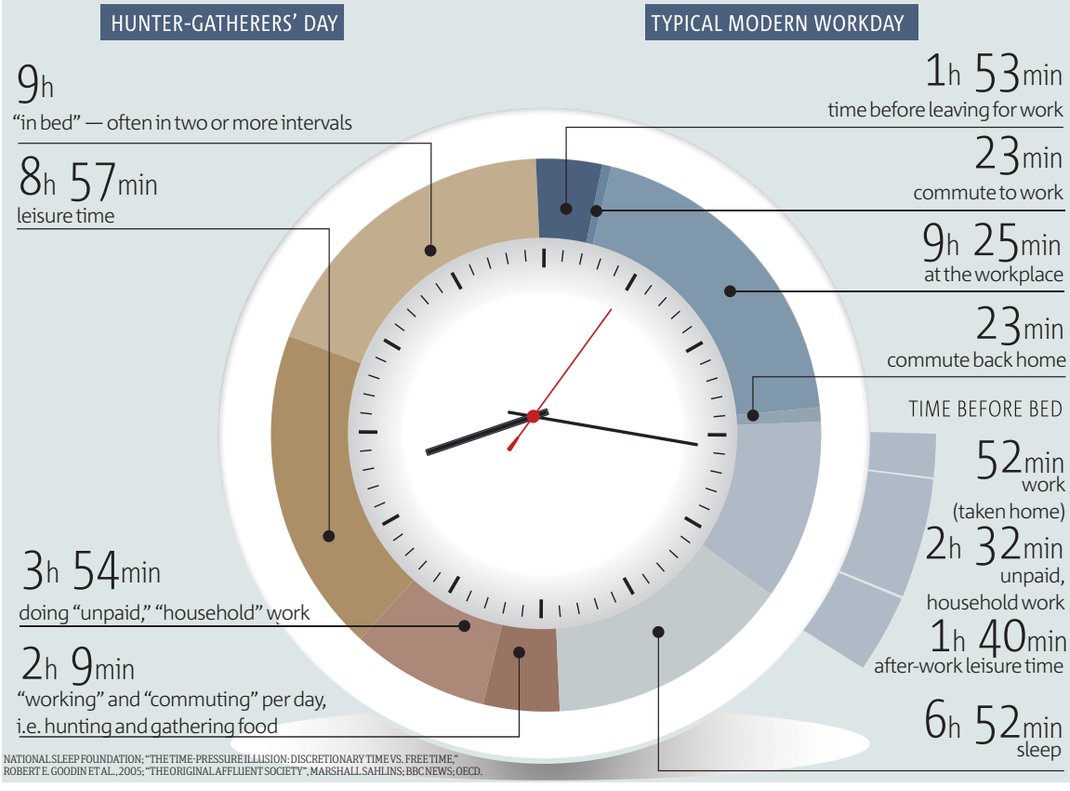
But mostly, let's remember what these new streetcars really represent: a step forward. For a quarter-million daily streetcar riders, that's no small thing.

Read more of Matt's blog, Ford for Toronto, at metronews.ca

ZOOM

Where did all of our time go?

If you feel time-poor and complain that there's not enough hours in the day, you're not alone, and, most likely, it is not your fault. Better organization will not fix the time crunch. The eight-hour day movement has failed miserably: the Industrial Revolution robbed us of normal sleep patterns, the Digital Revolution made us work at home. The average working-age person already has only one hour 40 minutes leisure time per day, 5.37 times less than our hunter-gatherer ancestors.



NATIONAL SLEEP FOUNDATION; "THE TIME-PRESSURE ILLUSION: DISCRETIONARY TIME VS. FREE TIME," ROBERT E. GOODIN ET AL., 2005; "THE ORIGINAL AFFLUENT SOCIETY", MARSHALL SAHLINS; BBC NEWS; OECD.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

The golden age of radio dramas is long gone, but the genre lives with help from podcasters who use new technology to reinvigorate an old art form. Subscribe to these three in the iTunes store for regular doses of beautifully produced theatre of the mind.

The Truth:

Strong improvisation and on-location recording by a team of stage and radio veterans keeps this series of "movies for your ears" inventive and surprising. In Good Hands, the story of a secret world below an abandoned subway station, is genuinely chilling.

Chatterbox Audio Theater:

A nice mix of classics like Oedipus, re-creations of famous radio dramas and original collaborations that explore everything from life in prison to our relationship with fear.

Welcome To Night Vale:

An oddly funny biweekly community update from the town of Night Vale, where regular small-town life unfolds before a surreal backdrop of supernatural events, dark hooded figures and disturbingly powerful municipal leaders.

Letters

RE: Sadistic, tyrannical, unstable ... psychiatrist reveals the dark side of tragic Ashley Smith, a teenager who killed herself in her jail cell, published March 26

I was absolutely disgusted by what Dr. Penn stated: only top quality, sustained psychological care could have helped Ashley Smith's extreme problems. At that facility they no doubt use the standard way of treating patients.

Everyone assumes that psychiatrists are helpful, but in reality their goal is to make patients feel content and getting to the base problem. Instead, when people are down you must push them far into the zone of happiness, and show them that past feelings and thoughts have created every situation in their life. Every person on Earth has the opportunity to live a happy life. So why are we throwing people in jail cells and feeding them harmful drugs?
Dayna Vago, London, Ont.

WE WANT TO HEAR FROM YOU:
Send us your comments: torontoletters@metronews.ca

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SCENE 2

Promo

A poster says 1,000 words

Being that Mad Men is a show about advertising, it's always been important that it have great advertising itself, and the promotional image for season six is no different — though it does break from the show's previous style in a very striking way. For the image, Mad Men turned to 75-year-old illustrator Brian Sanders, who created a lush, period-appropriate image with two Don Drapers and plenty of suggestive imagery. "I know people are looking for meaning and everything. There is a lot of meaning in it," series creator Matt Weiner concedes. "It came from a dream. I had this dream — and it was not Don, it was me, but a lot of stuff is like that." So what was that dream — and this season's promo poster — about exactly? Never a fan of divulging specifics, Weiner at least offers that the focus is on "the anxiety that is created by — in all of these characters — wondering why they are the way they are," he says.

The Internet can make a man go mad

Online angst.
Mad Men creator Matt Weiner's friends and family have banned him from reading negative criticism

NED EHRBAR
Metro World News in Hollywood

A word of caution to angry Internet commenters and recappers: Mad Men creator Matt Weiner knows what you're writing about his show. Or at least he used to until he was banned from visiting them by his wife and writing staff.

"This is a terrible job for someone as oversensitive as I am. When I was on The Sopranos, it didn't even exist," Weiner says.

"I try and stay away from it. What usually happens now is somebody — a friend — will send me something. And it's still this addiction."

To Weiner, it's pointless to fight the compulsion to seek out criticism.

"This is human nature," he says.

"There's two jars in the next room. One of them is filled with little fortune cookie fortunes, and the other one has two of them in it.

"(The big jar) is the good things about you, (the little jar) is the bad things about you that people have written. Go in there. You get to pick one piece of paper. You pick the bad one. I will keep looking until I find something bad. I don't even know how it works."

For an example, he offers an episode from last season, Signal 30, that garnered some reactions he didn't appreciate.

"It was Vincent (Kartheiser's) performance, you know, when he's in the elevator and says, 'We're supposed to be friends. I have nothing,'" Weiner remembers.

"That to me is like the saddest thing I ever wrote. I was very emotional about it, and when it aired people are like, 'A Pete story. I hate that.' So I just try and stay away from that stuff as much as possible."

Hence the banning. And he's been good for the most part, but he did slip up a few times last season.

"I really was off it for a while, and then (the season five episode) the Suitcase happened and everyone was like, 'You've got to read this. You have to read what people said about this thing,'" he says.

"So I read it and I loved that episode, but the episode that was on the week after that was actually my favourite of the season, the Summer Man. It's a very emotional story for me. So of course I read (the reactions) the next week and it's, like, brutal.

"The immediate response is, you know, hatred, anger, disgust, betrayal. And I kind of am like, I can't believe I let these strangers hurt me."

With season six debuting, maybe it's time for Weiner's wife and staff to look into some parental controls for his web browser.

What's in store for Jon Hamm in the next season of Mad Men? HANDOUT

Sticks and stones

"The immediate response is, you know, hatred, anger, disgust, betrayal. And I kind of am like, I can't believe I let these strangers hurt me."

Mad Men creator Matt Weiner on getting upset over criticism of his show on the web

Pushing Peggy for some answers

NED EHRBAR
Metro World News in Hollywood

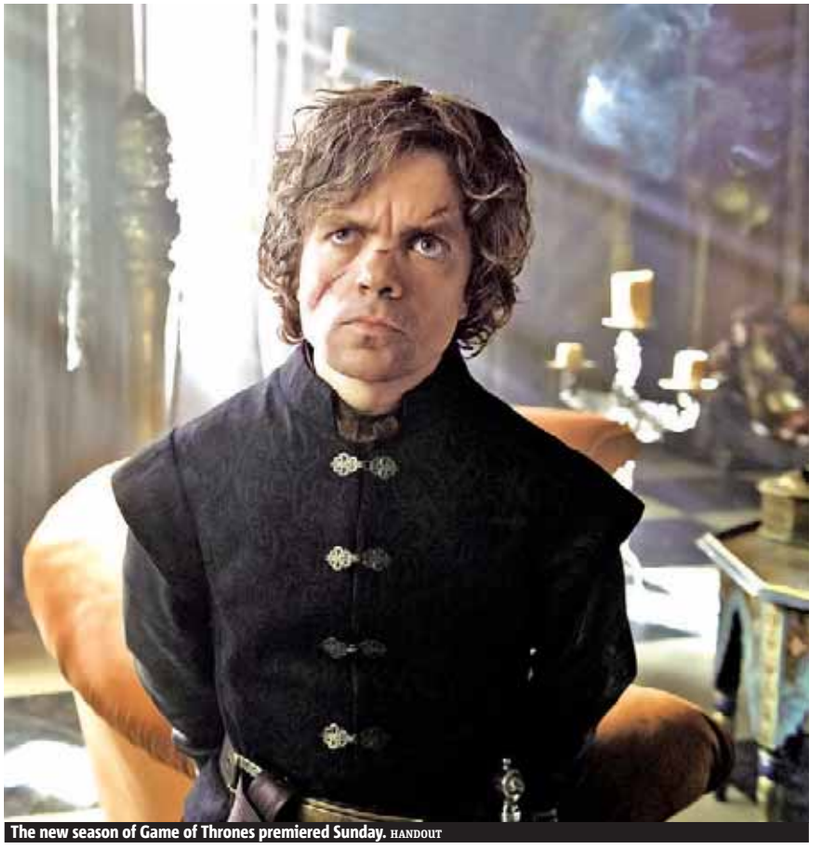
When Elisabeth Moss found out last year that her Mad Men character, Peggy Olson, would be leaving her job at Sterling Cooper Draper Pryce, she had just one question. "He called me before the Episode 11 script came out, and he told me the whole thing," she recalls. "He called me and said all this stuff's going to happen and you're going to leave. I literally was like, 'That sounds amazing: Am I still on the show?' He was actually a little bit offended and he was like, 'Of course! Yes!' I was like, 'Well, it's a logical question.'"

Moss is still very much a part of Mad Men going into the new season, even if she's off to a new agency — though she admits she was a bit worried about how much screen time she'd have now that she's not an employee of Sterling Cooper Draper Pryce. "I was, actually, at first, to be honest. I totally was," she says. But now? "The only thing I can say is I'm very happy with where it's gone, I'm very happy with what's happened. I was actually pleasantly surprised by how much I had to do in this season. I was kind of expecting not to be in it so much, because I thought well, I'm at a different agency. And I'm pleasantly surprised."

While doing press for the new season of the hit series, Moss even acknowledged her own presence in interviews didn't necessarily mean Peggy would be seen much in season six. "Maybe this is a huge trick. This is a big red herring," she jokes.

"They're like, 'You have to come do press.' I'm like, 'I'm not on the show anymore!' No. I am on the show," she says.

Elisabeth Moss. HANDOUT



The new season of Game of Thrones premiered Sunday. HANDOUT

Revenge of the nerds

Game of Thrones. Popularity of HBO series has made it 'cool' to like fantasy

MICHELLE CASTILLO
Metro World News

Game of Thrones may not be HBO's most popular show, but some might argue that it's the cable network's top show at the moment. The fantasy adventure about the men and women of the Seven Kingdoms and their quest for power has united both nerdy readers and pop culture enthusiasts alike.

"It has proven to every media outlet that 'geeks' are people too, with populations, committed interests, deep passions and pocket books to match the rest of the world's television consumers," Vince Gerardis, co-executive producer for Game of Thrones, told Metro.

Director David Petrarca argued at a writers festival in Perth, Australia that while the show was the most pirated show of 2012, the fact that most of the viewers were watching the show illegally didn't matter even if it took away from traditional revenue streams. What really counted was the "cultural buzz" and the social conversation that the show was able to inspire.

"Without the show, I think the pop culture impact of GoT (Game of Thrones) is marginal at best," Eric Regan, creator of the GameofThrones.tv fan site, told Metro.

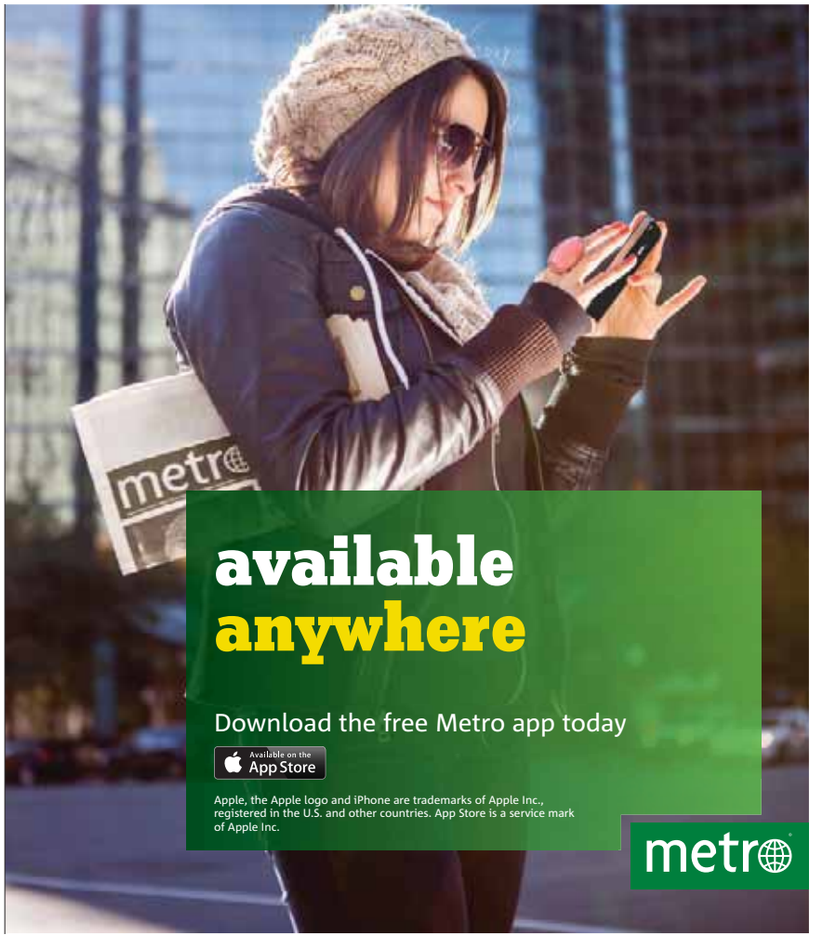
Regan is amazed how the HBO show is able to make its way in the fabric of everyday life, with fan sites like Regan's and Pinterest boards dedicated to making costumes and cooking meals. The series has even inspired its own blond ale. Regan was pleasantly surprised when Valyrian steel was referenced during an ESPN broadcast of an NCAA football game.

"Unfortunately, there is this stigma that's associated with reading a fantasy or sci-fi novel, something only geeks should be reading while playing Dungeons and Dragons — that is, until it's deemed cool enough to make its way into theatres or a killer TV production like GoT has become," he explained.

Gerardis believes that the reason why the show appeals to so many people is because human dramas like Game of Thrones appeal on a primal level to everyone. But the show itself is a once in a lifetime event.

The production value put into telling such a grand story, the cooperation between author George R.R. Martin (who is still writing the series) and the show's show runners David Benioff and D.B. Weiss to optimize the story, and the meticulous care put into making sure the details are right won't be seen in another series any time soon.

"I think there will be very few attempts to match what HBO has done," Gerardis admitted. "I think that the mould has been broken, and it can never hold the same boring water again."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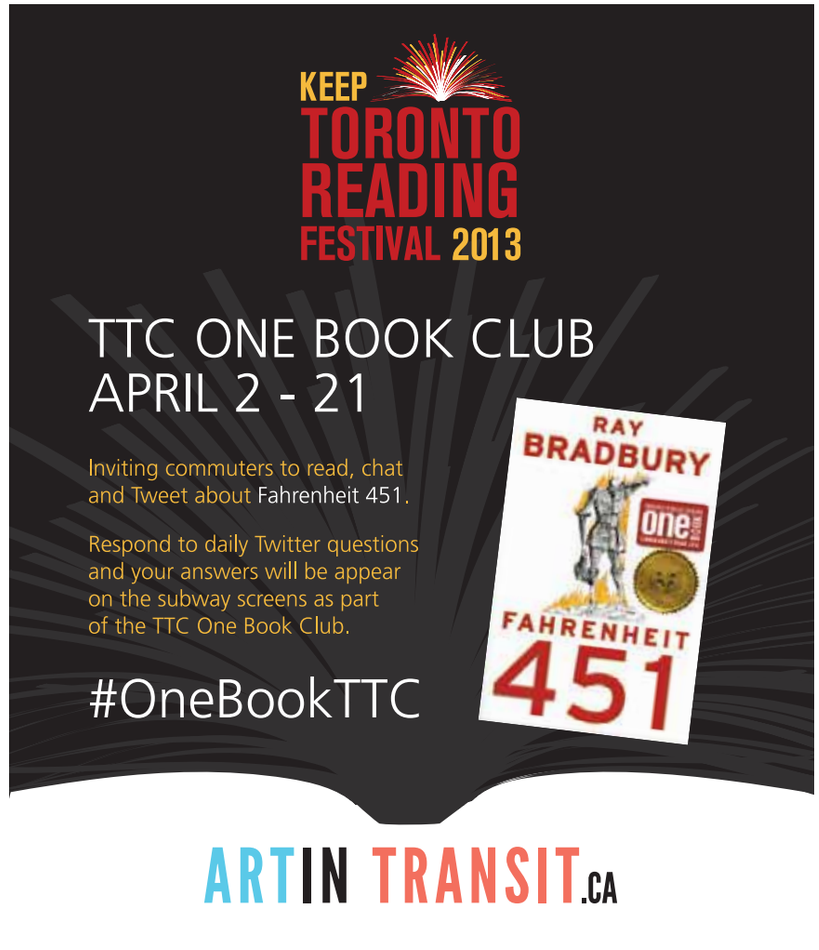
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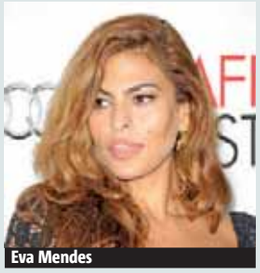
Pop goes the week

Don't say hello to Eva Mendes' dog

STARGAZING
Malene Arpe
scene@metronews.ca



Eva Mendes

Eva Mendes is upset that people know the name of her dog and finds it "creepy" that passersby say "Hey, Hugo" when she's walking her pet. Hugo, meanwhile, finds it really weird that Eva gets to see Ryan Gosling naked on a regular basis and yet dwells on creepy things that aren't creepy at all.

James Franco says he kinda understands why people hate Anne Hathaway while James's neighbour says James litters and is a never-ending nuisance. No truth to the rumour that the neighbour rented under the name Spanne Blathapay.

Matthew McConnaughey says that his friend Lance Armstrong "told a lie, (but) he's not a liar". Matthew continues, "read more on this particular line of reasoning in my upcoming book I Make No Sense But That Doesn't Make Me A Not-Making-Sense Maker."

In collaboration with Coca-Cola and American Idol, Carly Rae Jepsen will allow people to vote on the lyrics for her next song. Three options will be presented for every line of the song and the voting is already heating up to decide whether "Here's my slumber, so wake me Katey," "Here's my plumber, so save my baby" or "Here's cucumber so, like, make some salad or something" is the winner.

Kim Kardashian says that she and her collaborator Kanye West want to name their baby "something that's unique". May we suggest Er Shun or Da Mao. Or perhaps simply Kanda.

A Vera Wang store in Hong Kong has started charging $500 if you want to try on a wedding gown. Thus adding monetary pain to the realization that you still have some four months of paleo-dieting to go.

Manteresting is a new site for men who hate that Pinterest is the worst because of all the women and their women things and that it doesn't have enough pictures of things made from meat and rusty nails. If it's a success, watch for Manstagram, Manspace and Why Don't Men Have Anything In The World That They Control Book.

According to a Details poll, the celebrities who most often feature in people's naughty fantasies are Ryan Gosling and Mila Kunis. Better luck next year to the cast of Splash.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Amanda Seyfried ALL PHOTOS GETTY IMAGES

What's the worst insult a young actress can endure?

This might be it. Les Misérables star Amanda Seyfried was mistaken at LAX for her Mean Girls co-star Lindsay Lohan. "I just got mistaken for a Ms. Lohan at Newark Airport," Seyfried posted to Twitter. It's probably not a comparison Seyfried welcomes, considering her previous comments about Lohan: "Lindsay was great on Mean Girls. I think that was before she got a little nuts," Seyfried previously told Teen Vogue. "I kind of don't expect some of these girls, who've been working since they were two, to be sane."

Justin Bieber

Bieber's got nothing to declare except his monkey

Justin Bieber just can't catch a break. Heading into Germany for the next leg of his European tour, the pop star was hit with an unsettling surprise when his prized Capuchin monkey was seized by German customs officials after he tried to bring the animal into the country without permission, according to People magazine. "Justin Bieber brought his monkey to Germany but had no official paperwork for him," a customs spokesman says. "We were forced to confiscate the animal."

It's not only about the driving, **it's about the people.**

What you must have to apply:

- Frontline customer service experience
- Valid Ontario Class G Driver's Licence
- Acceptable driving record
- Grade 12 diploma or equivalent

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Bus and Streetcar

Are you a people person who can communicate effectively and deal courteously with the public? Are you prepared to work split, early and late shifts, with mid-week days off? Join our team of Transit Operators and play a key front-line role in ensuring first-rate service and customer relations. We are hiring to meet future requirements with a possible start date of mid 2013. (Note: It can take 2-6 months from the time you apply to the start of training.) For more information and to apply, please visit our website.

www.ttc.ca

Committed to the principles of employment equity, the TTC encourages applications from Aboriginal people, people with disabilities, racial minorities and women.

TORONTO TRANSIT COMMISSION

Long waits

Start a story, kill some time

I came up with this little trick during one of my son's many visits to one of his specialists at Toronto's Hospital for Sick Children.

All you do is tell a story. One person starts the story by telling the first line and it then moves to the next person who continues the story along by adding another line.

You continue until you feel the story is complete.

It helps kill time during those long waits.

NATALIE ROMERO OF YUMMYMUMMYCLUB.CA

Learning

App turns kids into artists

Skatoony: Skadoodle (99 cents on iTunes) is a great example of an app where learning and fun are at your fingertips. It's not about basic shapes for toddlers. We're talking trapezoids, verticals, horizontals, semicircles on the right, and spirals inside circles. Press the buzzer, and you have about 20 seconds to guess what image you've drawn. Hurry.

Guess correctly and you earn Skatoony Bucks.

RUTH SPIVAK OF YUMMYMUMMYCLUB.CA

Exclusively online

Mommy and Daddy desperately need a vacation and they're off to Florida. Follow along with the comedic (mis)adventures of mommyhood online with Reasons Mommy Drinks at metronews.ca/voices

Feeling exhausted? Laugh it off

Handling sleep deprivation. Here are some tips for surviving the day after the kids have kept you up all night

ANDREA NAIR
YummyMummyClub.ca

As I drag myself off the floor where my three-year-old and five-year-old are happily playing, I am trying to summon motivation to help stop feeling sorry for my tired body that was kept up last night by a feverish child. Life has to go on today — no calling in sick here.

How many of you are nodding with me?

I am making this list to help myself today because I managed in the past to get through many sleepless nights, and the following sleepy days.

My goal is to make it through intact and not let my tiredness turn me into a jerk.

Whether you are at work or at home, use any of these caffeine-free tips that suit you to help through your sleepy day.

1) Create a safe zone for the kids and then curl up near them for a power nap.
When the kids were younger, I would barricade them in a small area and fall asleep on the floor beside them. Now I can sleep through a blaring TV or Lego dismantling.

Quote

My goal today is to make it through intact and not let my tiredness turn me into a jerk.

2) Stop telling yourself you are tired.
Positive thinking will make a big difference. Put on your glass-half-full goggles. There have been many studies that demonstrate humans can do just fine on even four hours of sleep if they need to.

Remind yourself of this all day.

3) Don't sit around too much, and try to get outside.
I find I am more tired when I am sitting.

If I take the boys outside or to play somewhere else, I often forget how tired I am. But don't push yourself too hard for multiple days in a row.

A day or two here or there of pushing yourself onto your feet will be OK.

If this is a repeated pattern, you run the risk of harming your health.

4) Do something that will make you laugh because laughing releases the same tension as tears.
I do feel like crying — all day. So laughing is a much better option! My choices are usually: air guitar to my favourite songs, hanging with friends, watching a funny video.

5) Do some yoga and/or meditation.
Inversion poses are super for waking the body and mind.

If I start to feel fuzzy, I do a sun-salutation series or meditate for a couple minutes.

6) Drink water with lemon and eat real food.
Junk food is not only bad for you, it often makes you sleepy.

7) Have a shower, do your hair and wear nice clothes.
For some reason I feel better when I'm not in a pony tail and saggy-butt grey sweat pants.

I need to put my psychotherapist hat on and say that if sleepless nights are a chronic problem, seek professional help either through a trained child sleep expert (my go-to girl there is Alanna McGinn) or a trained counsellor.

YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD

Feeling down and out? Try our pick-me-ups. ISTOCK PHOTOS

Use your stroller to create strong, toned legs

Get out into the world and tone up. ISTOCK PHOTOS

Early spring can often be absolutely gorgeous and you can take advantage of those occasional warm spring days to do a little stroller fitness on your own.

Warm up
Start by walking briskly. Find a quiet street or park with paved paths so you can maintain your preferred speed without crashing into pedestrians. Few pedestrians enjoy that. Walk or jog for five to 10 minutes until you have broken a sweat and feel warm and slightly breathless.

Strength
Walk or jog one to two blocks (or about one minute) between each of the following exercises.

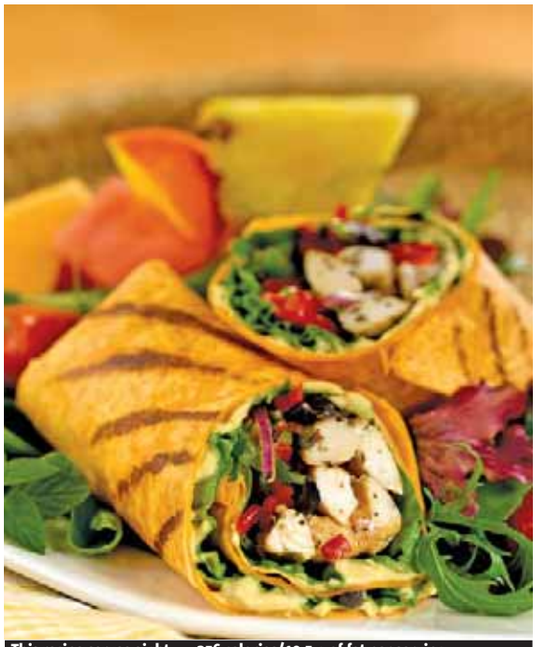
Walking stroller lunge and pulse.
With both hands on the stroller and elbows slightly bent, take a large step with your left foot and drop into a lunge position until your left thigh is roughly parallel with the ground. From the lowest position you can maintain, pulse up one inch and back down, then step up and move forward with your right foot this time. Continue walking until you have performed 20 lunges, alternating as you would while walking.

Stroller butt kick
With both hands on the stroller and elbows slightly bent, jog and kick your heels up to tap your bum (or get as close to tapping as you can), squeezing your hamstrings. Try leaning slightly forward and staying on the balls of your feet to kick faster and harder. Continue jogging forward until you have performed 30 kicks on each leg, or 60 total.

Bonus points
Every time you pass a wall or bench, stop to perform five to 10 push ups for some upper body strength training, too.

DARA DUFF-BERGERON OF YUMMYMUMMYCLUB.CA

Spring into the warmer weather with an energizing spinach wrap



This recipe serves eight — 256 calories/10.5 g of fat per serving.
BRIAN MACDONALD, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

ROSE REISMAN
for more, visit
rosereisman.com

This is a wrap I developed for the Pickle Barrel chain of restaurants in Toronto. When the customers want a healthier wrap, this is what they order. The spinach, chicken and hummus combo is a winner. Homemade hummus has fewer calories and less fat than the store-bought type.

1. Working with one at a time, pound the chicken breasts to an even ½-inch thickness between two sheets of waxed paper. Spray a non-stick grill pan with cooking oil and sauté the chicken for 8 minutes, or until no longer pink in the centre. Slice into thin strips.

2. Stir peppers, onion, feta, tomatoes, olives, oil, basil and garlic together in a large bowl.

3. Spread the hummus over the tortillas. Place the vegetable mixture over the hummus. Scatter the spinach leaves overtop and add the chicken. Roll the bottom of each tortilla up and over the filling, fold in both sides, and continue to roll up tightly. Cut each roll in half.

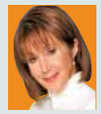
ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

Ingredients

- 8 oz skinless boneless chicken breast
- 1 cup thinly sliced green bell pepper
- 1 cup thinly sliced red bell pepper
- 1/3 cup thinly sliced red or sweet onion
- 1/3 cup low-fat feta cheese, crumbled
- 1/2 cup chopped rehydrated sun-dried tomatoes
- 1/3 cup diced black olives
- 1 tbsp olive oil
- 1 1/2 tsp dried basil
- 1 1/2 tsp minced fresh garlic
- 2/3 cup hummus
- 4 large whole wheat tortillas, or flavour of your choice
- 1 cup baby spinach leaves

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit
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Of course fries are deep-fried, which equals calories and fat. Next time, reach for another option instead.

New York Fries Classic Fries (regular)

580 calories / 27 g fat

Even though these fries are cooked in trans-fat free, non-hydrogenated sunflower oil, there are very few nutrients in this meal or snack. This represents one third of your daily calories and fat. Not worth it!

Equivalent

The regular fries are equal in fat to five Wendy's baked potatoes with sour cream.

New York Fries Hot Dog with cheese sauce

435 calories / 21.3 g fat

I don't often recommend hot dogs, but there are not a lot of choices at New York Fries. Even with the cheese sauce, it's a marginally better choice than fries.

A burrito for every taste

A staple in our house, these burritos are usually made on the weekend and then wrapped up individually and stashed into the freezer for busy weeknights. Not only are they fast and easy to make, they are fairly economical, healthy and filling for hungry teens.

1. In frying pan, sauté onion in olive oil until softened, about 5 minutes. Add the jalapeno (if using) and sweet pepper, sautéing and stirring until softened. Push to the side of the pan, add a little bit more oil and then the ground beef. Continue to cook and stir until it's cooked through and no longer pink. Sprinkle with salt and pepper to taste, then chili powder, cumin and oregano. Cook a little longer so the spices add flavour to the meat, then stir in the salsa. Set the meat mixture aside to cool.

2. Place the garlic clove, cilantro stalks, kidney beans, chili powder, cumin, salt, olive oil, zest from 1/2 lime, and juice from 1/2 lime in a food processor. Add about 2 tbsp of water and process until smooth. You can add a little more water in order to moisten it or make it smooth enough to spread.

3. Lay the tortillas out on the counter in front of you. Divide the bean mixture evenly among the tortillas, placing a dollop in the centre of each. Divide the meat between the tortillas as well, mounding it on top of the bean paste.

4. Sprinkle Cheddar cheese on top of the bean mixture and meat. To roll up, take the tortilla and fold in the sides. Taking the end closest to you, fold it up and over the filling, and tucking in the sides, roll the tortilla away from you. Place seam side down on a square of cling wrap. Roll up in the cling wrap tightly then fold over the ends. Place the rolled tortillas in a large freezer bag in a single layer and seal.

If you plan to eat the burritos immediately, instead of rolling them in cling wrap, place them seam side down in a greased baking dish. Bake for about 15 minutes in a 350 F oven until heated through. If you are heating them frozen, defrost in a microwave and then heat in a 350 F oven for about 15 or 20 minutes until the tortilla is hot and crusty and the filling is hot.

KAREN HUMPHREY OF YUMMYMUMMYCLUB.CA. YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD.

Recipe serves 8. KAREN HUMPHREY

Ingredients

- 1 small onion, finely chopped
- 1/2 jalapeno pepper, seeded and finely chopped
- 1 sweet red pepper, chopped
- 1 lb ground beef
- salt and pepper, to taste
- 2 tsp chili powder
- 2 tsp cumin
- 1 tsp oregano
- 3 tbsp salsa, or a bit more to moisten
- 1 clove garlic, peeled and cut in half
- 1/4 cup coarsely chopped cilantro stalks
- 1 19 oz can kidney beans, drained and rinsed
- 1 tsp chili powder
- 1 tsp cumin
- 1/4 tsp salt
- 1 tbsp olive oil
- 1 lime
- 2 tbsp water
- 8 10-inch flour tortillas
- Cheddar cheese

Who rises to the top? Is it the person who delivers or the person who behaves a certain way? It's in your best interest to find out. ISTOCK

What's it like to work there?

Questions of culture.
Find a workplace that suits your personality and your passions

YLVA VAN BUUREN
CareerBear.com

Corporate culture can be pretty far down on your priority list when you're in the midst of a job search, but don't underestimate its importance to your long-term satisfaction at a job, says Stefan Danis, CEO of Mandrake and NEXCareer.

Corporate culture refers to values, attitudes and behaviour of employees encouraged and supported by the organization.

The following questions can help determine the culture of an organization — and whether it is a good fit for your personality and work style. How you get the answers may take some detective work. Google the company, talk to employees you know who work there, if you have an on-site interview, arrive a little early and chat with the receptionist, and ask probing questions, at the appropriate time, during job interviews.

The good and the bad

What are people really saying?

If you're comfortable with the interviewer, ask more probing questions about what part of the work culture is not working so well. For example, the company is trying to hire more gen Xers and at the core, it has a traditional, inflexible work culture. Or, is it a high pressure workforce?

What stage is the firm at?
If it's a start-up, the culture is going to be fast-paced and probably entrepreneurial, which is a perfect fit if you're a high-energy sort, says Danis. If the company is in the midst of a turnaround, you're doing something on the clock. If the firm is sustaining success, the culture may be far more measured.

What does the workspace look like?
When you walk through the office for an interview, for example, notice how people work. If they all have their own offices, the organization is likely hierarchal. If there is an open concept with employees working and overlapping physically, the culture is likely more collaborative. How are people dressed? Do they seem friendly and happy… or closed and self-important.

Is a team atmosphere encouraged?
Talk to employees you know at the company or check out bulletin boards, etc., to see if there are employee "events" such as "huddles" every morning or rallying lunches. Do company meetings occur off-site at weekend retreats? Is there regular correspondence to employees?

How is performance measured?
Is there a formal annual process for reviewing progress? Is it more of a casual "just in time" feedback, or is performance management seen as a tedious process? "Some companies base merit increases on 'hard' accomplishments such as sales units while others measure 'softer' behaviours such as leadership skills and even reward them through a 360 feedback loop, where colleagues and stakeholders share their point of view on your style and how you go about your work." Danis says the latter would suggest an environment where a firm is actively encouraging a team agenda as opposed to highlighting individual talent.

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SPORTS 4

Bad things come in 3 for Raptors in D.C.

NBA. Washington's Beal hits career-high six three pointers in return from ankle injury

On Sunday

109	92
Wizards	Raptors

Bradley Beal scored 24 points in his return to the lineup, leading the Washington Wizards to a 109-92 victory over the Toronto Raptors on Sunday night.

Emeka Okafor had 19 points and 10 rebounds, and John Wall added 18 points and 10 assists for Washington. The Wizards, who came in having lost two in a row on the road, won their seventh straight at home and moved into a tie with Toronto for 10th place in the Eastern Conference.

Jonas Valanciunas had 18 points and 10 rebounds to lead the Raptors, losers of six of their last seven. Toronto leading scorer Rudy Gay scored 11 points — about seven below his average — while being limited to 26 minutes due to foul trouble.

Toronto cut a 20-point third-quarter deficit to six twice in the fourth quarter before Washington pulled away.

After missing five straight games, and 11 of 13, with a sprained left ankle, Beal shot 8 for 14 from the field, including a career-high six three-pointers — on nine attempts — in 30 minutes.

Washington increased a 10-point halftime lead to 16 with an 8-2 run to open the second half. Toronto cut it to 70-62, but Beal hit three-pointers on three of the Wizards' next four possessions to make it 79-64.

A little over a minute later, Beal hit another three and, after a Toronto miss, Okafor's dunk put Washington ahead 86-66 with 2:18 left in the quarter. THE ASSOCIATED PRESS

Elsewhere in the NBA

- **Heat 88, Spurs 86.** Chris Bosh scored 23 points, including a game-winning three-pointer with 1.9 seconds left, and the Miami Heat beat the San Antonio Spurs Sunday night with LeBron James and Dwyane Wade sitting out due to injuries.
- **Hornets 112, Cavaliers 92.** Greivis Vasquez scored 25 points and Ryan Anderson added 23 to lead the New Orleans Hornets past the Cleveland Cavaliers.
- **Knicks 108, Celtics 89.** Carmelo Anthony had 24 points and 10 rebounds, and the New York Knicks extended their winning streak to eight games.

Raptors rookie center Jonas Valanciunas draws a foul on Wizards forward Kevin Seraphin on Sunday night in Washington. Valanciunas had 18 points and 10 rebounds in the Raptors' 109-92 loss to the Wizards.
NICK WASS/THE ASSOCIATED PRESS

NHL. Crosby struck again by injury in Pens victory

Sidney Crosby has a broken jaw and is out indefinitely after being hit in the mouth with a puck during a win against the New York Islanders on Saturday.

The Pittsburgh Penguins said on the team website Sunday that Crosby had surgery Saturday night, and there will be an update on his status later in the week.

Crosby, the NHL's leading scorer, was struck in the face during the first period of the Penguins' 2-0 win.

The Penguins have won 15 straight games, and next play Buffalo on Tuesday. THE ASSOCIATED PRESS

Sidney Crosby is helped off the ice by Penguins teammate Pascal Dupuis on Saturday in Pittsburgh.
THE ASSOCIATED PRESS

March Madness. Louisville overcomes injury to Ware

With tears in their eyes and Kevin Ware in their hearts, there was no way Louisville was losing this game.

Russ Smith scored 23, Gorgui Dieng had 14 points, 11 rebounds and four blocks, and top-seeded Louisville put aside the shock from Ware's gruesome leg injury to earn a second straight trip to the Final Four with an 85-63 victory over Duke on Sunday afternoon.

Louisville (No. 1) moves on to face No. 9-seed Wichita State on Friday in Atlanta. THE ASSOCIATED PRESS

Quoted

"Remember the bone is six inches out of his leg, and all he's yelling is 'Win the game, win the game.' I've never seen anything like that."

Louisville coach Rick Pitino on Kevin Ware whose right leg snapped midway between his ankle and knee on a first-half shot block attempt.

On Saturday

1 NHL. Leafs led by Kadri's three in Ottawa

Nazem Kadri scored three times and had an assist while James Reimer earned his second shutout of the season as the Toronto Maple Leafs defeated the Senators 4-0 in Ottawa. THE CANADIAN PRESS

2 MLB. Jays leave Dunedin with a victory

Jose Bautista homered and singled and Edwin Encarnacion doubled twice and drove in two runs as the Toronto Blue Jays wrapped up spring training with a 10-4 win over the Philadelphia Phillies. THE CANADIAN PRESS

3 MLS. TFC stunned at BMO Field

Teenage substitute Jose Villarreal scored on a bicycle kick in the 92nd minute to give the defending champion Los Angeles Galaxy a 2-2 tie with Toronto FC. THE CANADIAN PRESS

Wiggins needs to face the spotlight: Nash

No. 1 prospect.
Canada's next NBA phenom has quickly outgrown, and outplayed, his high school competition

Andrew Wiggins TORSTAR NEWS SERVICE

When Andrew Wiggins made his official recruiting visit to Florida State, 16 female students seated courtside at a Seminoles game wore "WE WANT WIGGINS" painted in black across the front of their white T-shirts.

A cheerleader held a sign that read: "FSU has hotter girls."

When he played a high school game in Georgetown, Ky., more than 2,000 Kentucky Wildcats fans turned out to watch, chanting "We want Wiggins!" and "Go Big Blue!"

At a tournament in Cincinnati, some 300 high school students taunted the Canadian basketball phenom with "Over-Rated!" and "U-S-A!"

For an 18-year-old who's not super fond of the spotlight, there's no escaping it these days.

"Somebody of his talent, every gym he goes to, somebody's going to say, 'No. 1 player in the country? You're overrated,'" said Steve Nash, who knows a bit about life in the spotlight.

Wiggins will be front and centre again Wednesday at Chicago's United Centre as the brightest young star in a gym full of them for the 36th Annual McDonald's High School All-American Game.

Nash has some advice for Wiggins: Like it or hate it, he should embrace the attention.

"Maybe that's his biggest challenge," the two-time NBA MVP told The Canadian Press. "It's not the players he plays against, it's not the competitions he's in. It's the never-waning spotlight, and pressure from the outside. I think he has to embrace that as his greatest competitor at this stage in his career."

A quick peek at his mix tapes shows the six-foot-seven small forward from Vaughan, Ont., rarely has competition. He runs faster and jumps higher. He spins past players on his way to the hoop like he's matched up against elementary school kids. THE CANADIAN PRESS

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
z-Miami	58	15	.795	—
x-Indiana	47	27	.635	11½
x-New York	46	26	.639	11½
x-Brooklyn	42	31	.575	16
x-Chicago	40	32	.556	17½
x-Atlanta	41	33	.554	17½
Boston	38	35	.521	20
Milwaukee	35	37	.486	22½
Philadelphia	30	43	.411	28
Washington	27	46	.370	31
Toronto	27	46	.370	31
Detroit	24	50	.324	34½
Cleveland	22	50	.306	35½
Orlando	19	55	.257	39½
Charlotte	17	56	.233	41

WESTERN CONFERENCE

	W	L	Pct	GB
x-San Antonio	55	18	.753	—
x-Oklahoma City	54	20	.730	1½
x-Denver	50	24	.676	5½
x-L.A. Clippers	49	25	.662	6½
x-Memphis	49	24	.671	6
Golden State	42	32	.568	13½
Houston	40	33	.548	15
Utah	38	36	.514	17½
L.A. Lakers	38	36	.514	17½
Dallas	36	37	.493	19
Portland	33	40	.452	22
Sacramento	27	47	.365	28½
Minnesota	26	46	.361	28½
New Orleans	26	48	.351	29½
Phoenix	23	51	.311	32½

x — clinched playoff berth; z — clinched conference.

Sunday's results
Washington 109 Toronto 92
Chicago 95 Detroit 94
Miami 88 San Antonio 86
New Orleans 112 Cleveland 92
New York 108 Boston 99
Monday's games
All Times Eastern
Detroit at Toronto, 7 p.m.
Cleveland at Atlanta, 7:30 p.m.
Boston at Minnesota, 8 p.m.
Orlando at Houston, 8 p.m.
Charlotte at Milwaukee, 8 p.m.
San Antonio at Memphis, 8 p.m.
Portland at Utah, 9 p.m.
Indiana at L.A. Clippers, 10:30 p.m.

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	36	28	8	0	123	84	56
New Jersey	35	15	11	9	88	97	39
NY Rangers	34	16	15	3	78	84	35
NY Islanders	35	16	16	3	100	112	35
Philadelphia	35	15	17	3	95	108	31

NORTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Montreal	34	22	7	5	107	83	49
Boston	34	22	8	4	97	75	48
Ottawa	35	19	10	6	89	76	44
Toronto	36	20	12	4	112	100	44
Buffalo	36	13	17	6	94	113	32

SOUTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Winnipeg	36	18	16	2	89	106	38
Carolina	33	16	15	2	92	97	34
Washington	35	16	17	2	102	101	34
Tampa Bay	34	15	18	1	110	103	31
Florida	36	11	19	6	88	125	28

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	34	26	5	3	116	74	55
Detroit	35	17	13	5	91	92	39
Columbus	36	15	14	7	87	97	37
St. Louis	33	17	14	2	94	93	36
Nashville	35	14	14	7	87	96	35

NORTHWEST DIVISION

	GP	W	L	OL	GF	GA	Pt
Minnesota	34	21	11	2	97	86	44
Vancouver	35	19	10	6	92	90	44
Edmonton	34	14	13	7	87	95	35
Calgary	33	13	16	4	93	114	30
Colorado	34	12	18	4	84	108	28

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	35	23	7	5	107	90	51
Los Angeles	35	20	12	3	103	88	43
San Jose	34	17	11	6	85	84	40
Dallas	34	16	15	3	94	103	35
Phoenix	35	14	15	6	94	101	34

Note: A team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OL (other loss) column.

Sunday's results
Boston 2 Buffalo 0
Chicago 7 Detroit 1
Columbus 2 Anaheim 1 (OT)
Los Angeles 3 Dallas 2
Philadelphia 5 Washington 4 (OT)
Saturday's results
Carolina 3 Winnipeg 1
Colorado 1 Nashville 0 (OT)
Edmonton 4 Vancouver 0
Florida 3 New Jersey 2 (OT)
Minnesota 4 Los Angeles 3 (SO)
Montreal 3 NY Rangers 0
Philadelphia 3 Boston 1
Pittsburgh 2 NY Islanders 0
San Jose 3 Phoenix 2 (SO)
Toronto 4 Ottawa 0
Washington 4 Buffalo 3 (SO)
Monday's games — All Times Eastern
Winnipeg at NY Rangers, 7 p.m.
NY Islanders at New Jersey, 7 p.m.
Carolina at Montreal, 7:30 p.m.
Colorado at Detroit, 7:30 p.m.
St. Louis at Minnesota, 8 p.m.
Nashville at Chicago, 8:30 p.m.
Anaheim at Dallas, 8:30 p.m.
Calgary at Edmonton, 9:30 p.m.
Vancouver at San Jose, 10:30 p.m.

MLB

All Times Eastern

AMERICAN LEAGUE

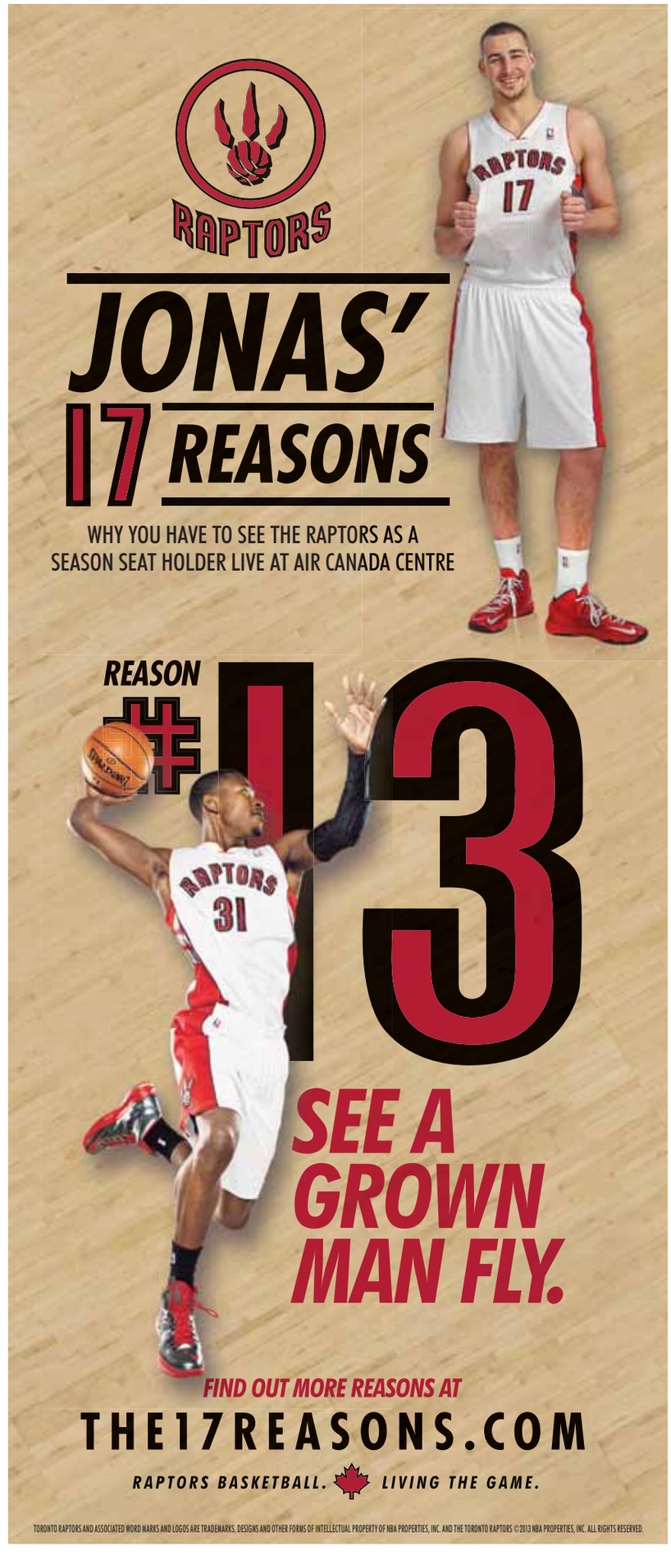
Sunday's result
Texas at Houston
Monday's games
Boston at N.Y. Yankees, 1:05 p.m.
Detroit at Minnesota, 4:10 p.m.
Kansas City at Chicago White Sox, 4:10 p.m.
L.A. Angels at Cincinnati, 4:10 p.m.
Seattle at Oakland, 10:05 p.m.

NATIONAL LEAGUE

Monday's Games
Miami at Washington, 1:05 p.m.
San Diego at N.Y. Mets, 1:10 p.m.
Chicago Cubs at Pittsburgh, 1:35 p.m.
Colorado at Milwaukee, 2:10 p.m.
San Francisco at L.A. Dodgers, 4:10 p.m.
Philadelphia at Atlanta, 7:05 p.m.
St. Louis at Arizona, 10:05 p.m.

INTERLEAGUE

L.A. Angels at Cincinnati, 4:10 p.m.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Horoscopes

♈ Aries
March 21 - April 20
Take what you desire rather than wait for someone to offer it to you. Whatever your number one ambition in life happens to be, that is what you should now be aiming for.

♉ Taurus
April 21 - May 21
Usually you get your way through sheer force of personality but cosmic activity in the most sensitive area of your chart makes that more difficult now. If you want something you'll have to offer something in return.

♊ Gemini
May 22 - June 21
Requests for help of a financial nature will come your way but if you are smart you will turn them all down. The best way to help others is to show them how to help themselves.

♋ Cancer
June 22 - July 23
Someone in a position of authority is about to offer you the chance to move several rungs up the ladder of success. Before you proceed ask yourself a serious question: do you really want this level of responsibility?

♌ Leo
July 24 - Aug. 23
Your confidence may be soaring now but don't go to extremes. At best you will make a fool of yourself; at worst others will expect you to be like that all the time. Try not to forget it's only an act. Isn't it?

♍ Virgo
Aug. 24 - Sept. 23
You may feel irrationally jealous today, which is not like you at all. The fact is your nerves are still on edge from the effects of the recent full moon, so stay calm and try to take nothing too seriously.

♎ Libra
Sept. 24 - Oct. 23
The best way to avoid confrontation is to remove yourself from areas where it is most likely to take place. Everything will be fine if everyone respects your space – and, of course, you must respect theirs.

♏ Scorpio
Oct. 24 - Nov. 22
You may have a lot of practical issues on your plate at the moment but don't neglect your feelings – or the feelings of those you love. Make time for others today – and even more time for yourself.

♐ Sagittarius
Nov. 23 - Dec. 21
The Sun in Aries is bringing all sorts of opportunities your way – all you have to do is reach out and grab them. But don't be greedy: there is plenty of good stuff to go around.

♑ Capricorn
Dec. 22 - Jan. 20
You may have to hide your true feelings if you want to avoid a scene. If you fall out with someone today they will be in a huff for weeks, so bite your lip and focus on things you can agree on.

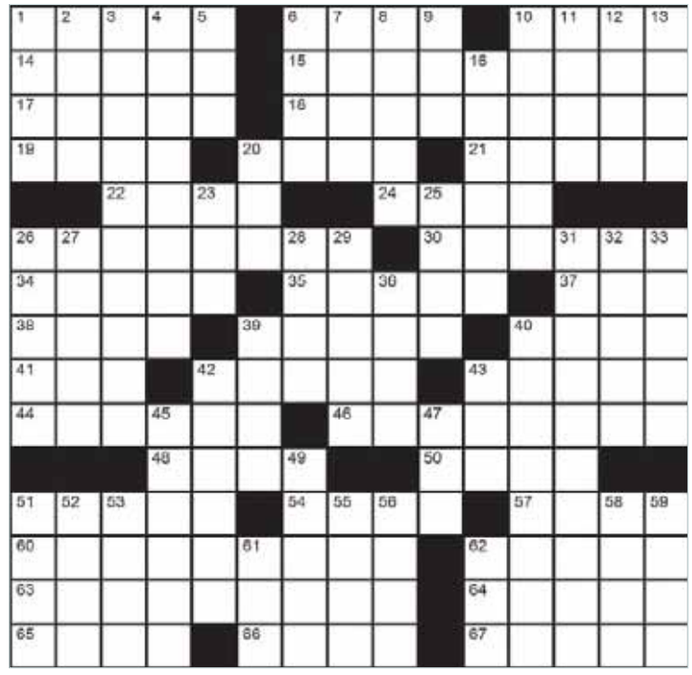
♒ Aquarius
Jan. 21 - Feb. 19
Seek out people who are fun, people who make you laugh when you are feeling down. And don't think of it as wasting time, because it's nothing of the sort.

♓ Pisces
Feb. 20 - March 20
You may be tempted to rush around today and finish all those half-completed jobs you think are so important. Don't bother. If they really were that important you would have done them all by now.

SALLY BROMPTON

Crossword: Canada Across and Down

BY KELLY ANN BUCHANAN



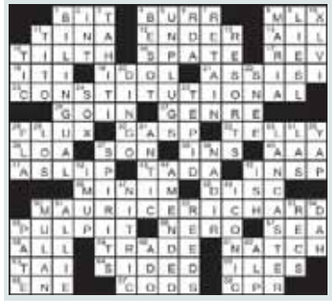
Across
1. Truth __
6. Bat's hangout
10. Way out there
14. Immobilizes
15. "Rock 'N' Roll is a Vicious Game" band: 2 wds.
17. John Keats, for one
18. Lager brewed in Saint John
19. "What __ wrong?"
20. Early Beatles hit: "Love __ __"
21. Scenic view
22. Burkina __ (Nation in West Africa)
24. Churn
26. Unwelcome plot giveaways
30. World Heritage site gr.
34. Broadcaster Mr. King
35. Tidal bore
37. 'Profit' suffix
38. Ancient Greece's war god
39. Affordable noodle dish
40. Disapproving sound
41. Li'l roads
42. Supercharger
43. Zestfulness
44. Mob gig
46. "King of Kensington" star: 2 wds.
48. Building dwellings, for short
50. __ Perpetua (Idaho's motto)
51. Make a masterpiece
54. Arrow poison
57. Dismounted
60. Photos-driven website
62. Domicile
63. __ Royal, Nova Scotia
64. 'Nost' add-on (Retro sentiment)
65. '50s singer Mr. Domino
66. Prefix meaning 'Fire'
67. 'Twilight' books

Hester Prynne in 1850 Nathaniel Hawthorne book The Scarlet Letter)
16. NBC's "The Voice" coach Adam
20. Three Stooges member
23. Dodgy
25. 'Adj' add-on (End until later)
26. Single-named rock guitarist
27. PQ = __ Quebecois
28. __ Admiral
29. Ballroom dance
31. Study of earthquakes
32. Jai Alai basket
33. Mr. Welles
36. Earth sci.
39. Pipsqueak pup
40. The __ Family, as on "The Cosby Show"
42. Jail cell communication: 2 sounds.
43. Tank filling
45. Big swimming rays
47. Moviedom's Mr. Craven
49. Bad-tempered
51. French singer Edith
52. Actress Ms. Faris
53. "Say it __ so!"
55. Couple
56. Retort to "Are not!": 2 wds.
58. "Thus with a kiss _ __." - Romeo
59. Rip
61. Elephant gr. in US politics
62. Winnie-the-Pooh writer's monogram

author Stephenie

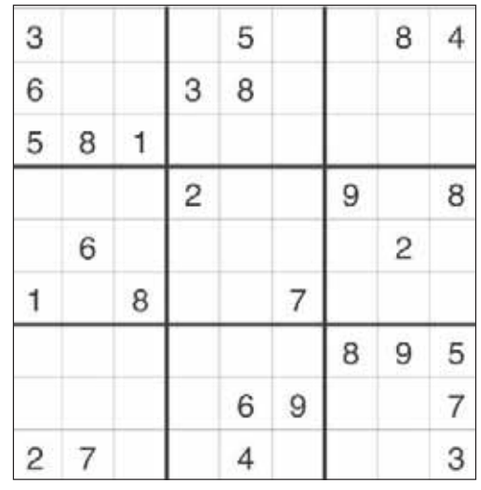
Down
1. Pack away
2. Earth: German
3. British Columbia's Great Bear __
4. Not on the main floor, say
5. Winter hrs. in Colorado
6. Showed up
7. Snake, for one
8. Racecar sound
9. '_' __ for Edmonton
10. Janet Jackson's "Let's Wait __"
11. Sounds of mild disgust!
12. Subj. for ABC character Meredith Grey
13. __ _ (Stigma for

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Friday's Sudoku

1	8	6	5	2	3	7	9	4
3	5	4	9	7	6	1	8	2
9	2	7	1	4	8	6	5	3
5	4	2	8	6	7	9	3	1
8	3	1	2	9	5	4	7	6
7	6	9	3	1	4	5	2	8
2	7	3	4	5	1	8	6	9
6	1	8	7	3	9	2	4	5
4	9	5	6	8	2	3	1	7

Today
1°/-4°
Flurries
40%

Tuesday
2°/-4°
Partly sunny

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